How I 100% cleared out my father-in-law's arteries in 4-weeks. His scheduled Heart Stent procedure: Cancelled. FAQ ~ PLUS 20+ GAW user Testimonials in the comments.

276

1 year ago by JohnTitor17 +278 / -2

HOW I 100% CLEARED OUT MY FATHER-IN-LAW'S ARTERIES IN 4 WEEKS. HIS SCHEDULED HEART STENT PROCEDURE: CANCELLED.

(Scroll below to see the exact method I had him use.)

In 2011, my 47yo FIL was diagnosed with heart disease (atherosclerosis) after a heart attack and had one stent put in. He smoked a pack a day and drank a 12 pack of Pepsi a day.

He played golf 4+ times per week w/ his friends. In summer 2015 he began getting out of breath playing golf. It got to a point where he was too tired/winded to do more than 9 holes. After another month he was too tired and winded to golf at all. Doctor did a heart scan 'with contrast' and found 3 blockages between 70% and 90%. His left ventricle ejection fraction was barely 40%. Doctor scheduled heart stent surgery (technically regarded as non-surgical).

When I heard about his situation I immediately asked him to postpone the procedure for 4 weeks. He couldn't even work in his condition and he was very afraid to have such bad heart problems at only 51 so this was a big ask but he knows that I am a strange breed when it comes to separating signal from noise (thanks Steve Bannon) on obscure research like this so he trusted me.

I wrote out a schedule for him and he took it religiously. Four weeks later, * in the middle of the stent procedure,* the doctor said his arteries were "clean as a whistle." Then the doc sort of got worried because he thought it was SO IMPOSSIBLE. He checked to see if his office might have made a mistake and mixed up heart scans with another patient. Upon further checking, there was no mistake. *The blockages that were there for weeks earlier were completely gone.*

Just 4 weeks prior my father in law was 51, average build, active and couldn't even walk across the room without getting out of breath. After the 4 weeks taking the supplement * the correct way,* he felt better than he had in years. Zero chest pain anymore and lots more energy.

Now here's the Encore, 3 years after the above:

After his first scheduled heart stent procedure was concluded with NO stents put in, he immediately stopped the treatment and didn't do it again.

Flash forward to 2018 after continuing (he never even quit during the therapy) to smoke now TWO packs a day and still drinking a 12 pack of Pepsi a day; the same thing happened only worse. He noticed it again when he was too tired to go more than 9 holes. *Days later he had another heart attack, he passed out on the green and was taken by ambulance to the hospital.* A scan with contrast showed very clearly 3 blockages, 2 @ 80% and the 3rd was near-100% blockage. His left ventricle ejection fraction was <20%. This is approaching heart failure. At 54 years old.

His cardiologist scheduled emergency stent procedure and a mechanical 'rotor-rooter' type procedure for the following Monday. FIL tried to buy time w/ the Doc (different doctor than the first time) so he could do the treatment again. Doc said any more than 2 weeks could be life-threatening. He told the doctor what he intended to do and the doctor thought he was nuts.

FIL got right back on the dosage/schedule again. Two weeks later on 'procedure day' the same thing happened. Catheter scope/camera up the groin artery all the way to his heart. Camera sees NO blockages in the first 2 spots and only 20% in the one that was a near-total blockage only 15 days prior.

Doc abruptly ended the procedure with nothing needing to be done. ZERO STENTS AGAIN. The cardiac catheter camera was pulled from his groin and the doctor left the room.

As the nurses were wrapping everything up, the Doc and an unknown colleague (Doctor?) came back in with notepads and started asking questions. His doctor was absolutely astounded. Just couldn't fucking

believe it. Said he had never seen anything like it in his career. FIL continued the Linus Pauling therapy for probably another 2 months. His ejection fraction was later tested. It rose from ~20% to almost 70% (considered normal for his age).

TO BE CLEAR, TWO SEPARATE TIMES the blockages were clearly visible on scans and he was out of breath walking more than 30 feet. Two separate times he was on the table so to speak, with a cardiac catheter up his groin all the way to his heart and (after this therapy) both times the blockages that had been there only weeks before we're GONE and the catheter was withdrawn without mounting a single stent. He does 2 weeks of this regimen a few times a year and the problems have never returned in the 9+ years since.

HOW my FIL cleaned out his arteries FAST.

4000mg L-lysine/ day total, taken in (2 separate) 2000mg doses on empty stomach or w/ a bit of juice/toast/carbs.

NO protein for minimum 2 hrs before AND 1 hr after Lysine doses.

L-lysine absorption is impaired by protein. (Via amino competition)

4000mg Vitamin C/ day total, taken in (2 separate) 2000mg doses on empty stomach or w/ protein meal.

NO Carbs for minimum 2 hrs before AND 1 hr after Vitamin C doses.

Vitamin C absorption is impaired by carbs. (Via glucose competition)

For this to work: I CANNOT OVERSTATE ENOUGH HOW CRITICAL IT IS TO AVOID ABSORPTION COMPETITION: Lysine vs Protein & Vit C vs Carbs.

People that take these daily still get heart attacks/strokes. WHY?

THIS IS BECAUSE THEY ARE NOT TAKING THEM THE CORRECT WAY

The goal is to achieve a very high blood concentration of each 2x daily. Absorption competition categorically prevents this.

Vitamin C and Lysine can be taken TOGETHER ONLY on a empty stomach (NO food or calories minimum 2 hrs before and 1 hr after)

This is the easiest way to do it but lots of people get an upset stomach from vitamin C on an empty stomach. My father-in-law is one of those people so he needed to take vitamin C with some food.
If you have to do that, then you must take the supplements separate because *the food that goes well with vitamin C blocks lysine uptake and vice versa.*

SCHEDULE: Do not skip!

Before you take a single pill:
For yourself and for God,
WRITE. DOWN. A. SCHEDULE.

This is flexible. Make it work for you.
But never ever break the "2hrs before/1 hour after" rule.
For reference my FIL's dose and meal schedule was:

7am: *2000mg Vitamin C on empty stomach or w/ small protein meal. NO carbs 2 hrs before & 1 hr after.*

9am: *2000mg L-lysine on empty stomach or w/ a some juice/toast/carbs. NO protein 2 hrs before & 1 hr after.*

Noon to 5pm eat whatever.

8pm: *2000mg Vitamin C on empty stomach or w/ small protein meal. NO carbs 2 hrs before & 1 hr after.*

10pm: *2000mg L-lysine on empty stomach or w/ a some juice/toast/carbs. NO protein 2 hrs before & 1 hr after.*

If you have a different sleep schedule, it's totally acceptable to move these times around.

-

If you are able to take them both at the same time without an upset stomach, that's the easiest way and the schedule would/could look something like this:

-Wake up (empty stomach) and take 2000mg of each.
-Wait 1-2 hrs.
-Eat whatever you want throughout the day.
-Have dinner, and then wait 1–2 hours or more.
-Before bed (empty stomach) take 2000mg of each.

The "2hrs before/1 hour after" rule are minimum values. "3hrs before & 2 hour after" doses could be even better if you're someone with slow digestion.

The entire secret here is that you do not allow:
Vitamin C to compete with carbohydrates.
Lysine to compete with protein.

****I CANNOT OVERSTATE ENOUGH HOW CRITICAL IT IS TO **** ***AVOID COMPETITION BETWEEN Vitamin C vs Carbs & Lysine vs Protein IN FOOD.***

The real key here is the method of avoiding the competition. Without observing this rule, you are just wasting your time if you're trying to clear out your arteries to save your life. Life is a beautiful thing. Discipline is worth it.

The HOW & WHY this works:

All the credit for this goes to Linus Pauling, -the only person to ever win TWO unshared Nobel Prizes -invented this therapy when he discovered that the calcifications inside arteries featured a molecular "lysine binding site". This means Lysine gently but rapidly melts away blockages (atherosclerosis) like a sugar cube in hot coffee. No big pieces dislodge which could cause a stroke. By the way this therapy works for blockages anywhere in the body.

Here's the interesting thing to know and understand:
Heart pumping produces higher mechanical load on *all the stereotypical points* **where blockages are found.** This causes micro-tears in the single-cell-thick interior of the artery called the endothelial layer. (What spike protein attacks). These micro-tears occur naturally and frequently and are healed via a process in which vitamin C is CHEMICALLY REQUIRED.

Without sufficient vitamin C 'on tap,' cholesterol sticks to the 'scabby' (if you will) micro-tears that form from high mechanical load on the artery and that don't heal properly w/o Vitamin C. This then builds on its self over time.

The vitamin C helps heal the endothelial layer inside the arteries. Here's a mystery the medical establishment has never explained to you: *Why do "clogs" start in larger arteries subjected to the highest mechanical load (pumping) rather than the itty-bitty single-blood-cell-wide capillaries? Any plumbers here?*

With no disrespect meant to any other method, because there certainly are many, I bring you this here with such conviction for two reasons:

1. Linus Pauling was a genius biochemist, chemical engineer, etc, whose hard work and treatment I presented to you all here tonight, was purposefully obscured and *-after his passing in 1994 at 93yo* ***- suspiciously added to.*** (you'll see if you dig)
2. **This is the method I know first hand works from my own personal experience with a family member and their baffled doctors. Twice. 3 years apart.**

I'm not a doctor

FAQ

Can you take BOTH Vit C & Lysine together?
YES - but ONLY on an empty stomach (Only water 2hrs before/1hr after)

Does Vit C & Lysine compete with EACHOTHER?
NO

How long should you do this for?
4-6 weeks. Bare minimum 2 weeks.

What if a start feeling sick/exhausted?
You could be having a Herxheimer reaction from whatever infection vitamin C is killing inside your body. In this case, lower the vitamin C doses to 500mg and slowly work your way back up.

Will this lower my blood pressure?
It lowered my FIL's to normal levels.

Does this interfere with medication(s)?
Possibly some. Google it.

Google says vitamin C interferes with my medication. Can I still do this?
Maybe. Ask your doctor if there's a loophole.

Do I need to add any other shit for this to work?
NO. I know this exact method works FAST from firsthand experience. Most people, including my father-in-law saw a noticeable improvement in 7–10 days.

Will this work for jab-related blockages?
I don't know... what do you have to lose?

Will this lower my cholesterol?
Probably. It lowered my father-in-law's.

Can I take this on carnivore diet?
Yes but it's not necessary. See below.

What if I'm fasting?
That makes it easy. You can take them together

Can I take more/less?
These are the doses I know work. You can safely double the dose.

Any side effects?
Upset stomach from Vit C. Maybe diarrhea the first few days. A hard boiled egg or couple slices of deli meat is recommended with Vit C.

Is the schedule flexible?
Yes but the "2hrs before/1 hour after" rule is NOT

What type of vitamin C/lysine should I buy?

Lysine and L-lysine are the same thing. It is a constituent of protein, naturally occurring and cheap.

Vitamin C – Liposomal or the kind made out of fruit extracts, etc. is probably best. Capsules are preferable over hard-pressed pills for absorption.
NO time release/buffered Vitamin C.

I use SOLGAR L-Lysine 500mg capsules
and SOLGAR Vitamin C 500mg capsules.

The brand is not important and I'm not here to sell supplements.

I'm going to make several comments below on GAW users experience that they have commented or relayed to me.

WWGIWGA!

153 comments **share** **save** **hide** **report** **block** **hide replies**

Comments (153) sorted by: top

JohnTitor17 [S] 1 year ago *+18 / -1*

17

Eyesight restored! No longer needs glasses!

u/CigarTsar **wrote:**

"Day 82,
BP 170s over to 120s over, so works!
This is the crazy part.
I am 54 years old. Always had bad vision. Wear progressive lenses.
My eyesite has been restored. No longer need glasses to see up close or far away.
Friggin amazing
My eyesight is like it was when I was early teens. Crazy!

(emphasis mine)

permalink save report block reply

Mr_A 1 year ago *+7 / -0*

7

Hey u/CigarTsar, if you don't mind my asking, how bad was your vision? What age did you first get glasses?

Anything else about your diet or routine worth pointing out? Thanks!

permalink parent save report block reply

CigarTsar 1 year ago *+7 / -0*

7

Good and bad news to report. Eyesight returned to needing my old glasses 3 weeks after I stopped the protocol.

Good news is my BP is still much improved. Usually in 130's over. Had a 132 over 76 other day. 76 is really good. Going to exercise and attempt to get BP to below 120 over around 75.

Thing with my eyes was wild. My vision for 3 weeks was perfect.

Some of the other things I did during protocol. No to little seed oils. Intermittent fasted typically 20 off, 4 on. Did 1-3 day fast. Zero alcohol and no smoking.

One last thing about my eyesight. My far sightness is still vastly improved. Writing this on mobile with my progressive lenses on top of head. Seeing far away regressed again.

So dang odd.

Regardless, the protocol was a positive for my eyesight.

Going to do protocol again in January and taking better notes!

Will report back again.

permalink parent save report block reply

Mr_A 1 year ago *+6 / -0*

6

Wow. That is funky about the eyesight. Thanks for the other info, it sounds like a clean diet.

If you're interested in eyes particularly, there's a guy named Jake Stein with an exercise program for the eyes, to return them to normal. Going off memory, I think his website is called endmyopia.com. He encourages you to pay for a coaching program, but the content is all available for free.

And darkovelcek.wordpress.com says his program restores eyesight as well, but that it takes a long time. I've been on his self-healing protocol (carnivore + sea salt as a detox) for about 6 months now. He says his protocol heals everything, and generally in the reverse order in which it began affecting you, and he's got years of posts explaining why. I'm a believer, but also happy to tweak it if I can shave a few years off the timeline to improve my eyesight!

Important thing is you're better off than before and happy about it. Life is good. Thanks again.

permalink parent save report block reply

JohnTitor17 [S] 1 year ago +8 / -1

7

> If you're interested in eyes particularly, there's a guy named Jake Stein with an exercise program for the eyes, to return them to normal. Going off memory, I think his website is called endmyopia.com. He encourages you to pay for a coaching program, but the content is all available for free.

Can confirm the above DOES WORK to restore/improve your vision. The exercises help reshape/restore the natural shape of the lens of your eye. If you're one who wakes up and rubs their eyes frequently/hard, stop doing that and do these exercises and it could significantly improve your vision permanently. The exercises can be learned for free from YouTube.

It works much faster if you quit the habit of touching/rubbing your eyes. Stop it. :)

Thank you for bringing this up u/Mr_A!

permalink parent save report block reply

UberLightBringer 1 year ago +3 / -0

3

Jake Stein: https://endmyopia.**org**/

Thanks for the info. Digital warrioring has been putting a strain on the peepers.

permalink parent save report block reply

CigarTsar 1 year ago +2 / -0

2

Good info!

permalink parent save report block reply

deleted 1 year ago +1 / -0

CigarTsar 1 year ago +1 / -0

1

Good info!

permalink parent save report block reply

Pbman2 1 year ago +5 / -0

5

My blood pressure went way down,using ivermectin.

permalink parent save report block reply

CigarTsar 1 year ago +5 / -0

5

I have heard that. Only problem? I'm hoarding my pills for their next attack. Need to buy more, hehe.

permalink parent save report block reply

Pbman2 1 year ago +3 / -0

3

Once a week seams to,be good.

permalink parent save report block reply

GDZeus 1 year ago +1 / -0

1

How much and how often do you take ivermectin?

permalink parent save report block reply

Pbman2 1 year ago +3 / -0

3

About once a week,give or take a few days.

I should take it every Sunday or something like that.

permalink parent save report block reply

GDZeus 1 year ago +1 / -0

1

Thanks!

permalink parent save report block reply

PeaceCrew 1 year ago +2 / -0

2

Very interesting. I noticed that my eyesight improved when I took a few drops of Iodine a day or when I put a drop of Castor Oil on my eyelids before bed. But I do also sporadically take 1000mg of vitamin C and I try to get Lysine by eating a bite of Jelly/Jello every day or by eating the cartilage from chicken when we buy a whole chicken, which is usually once a week.

The Castor Oil and the Iodine (I take Lugol's iodine) definitely works for me, but I don't know how much of my improvement is related to those or my regular Vitamin C and Lysine intake.

I also gently massage my eyes to help soften up the cornea, but not if there is dust present in them after mowing the lawn.

permalink parent save report block reply

AroomaNuminahh 1 year ago +12 / -0

12

Hello, u/JohnTitor17!!

> MANY thanks for posting this again. No, I am in no urgent situation but I'd like to see if this regimen will help with my stamina and my breathing. AND, your sharing here represents the BEST of the worth of this forum. No, I cannot pay you back but I most certainly intend to pay it forward. THANK YOU, JOHN TITOR! GBY and GOD BLESS THE USA!

permalink save report block reply

JohnTitor17 [S] 1 year ago +13 / -1

12

The following is one of the more thorough reviews by a user well-versed in chemistry... (emphasis mine).

Ankle swelling, dizziness gone. "I felt, truly, like my life was near its end."

u/PaPaSauce **wrote:**

"I started taking high dose lycine and vitamin c some 5-6 weeks ago now, I think. Right after I read the first post of this.

Before, I felt constantly tired, ankles swollen (if I wore socks you could see impressions from them for hours) got light headed and dizzy standing up too quick, face got red and dizzy and drenched in sweat from light exertion, and more. I felt, truly, like my life was near its end. *I'm not that old, but I have decreased Mobility from an injury and my cardiovascular health has gone downhill fast over the last few years. When I had my bp checked, the nurses checked 3-4 more times because it was so high they didn't believe it.*

After just a few weeks I felt so much better. Most of my symptoms described above gone, and those still around severely reduced in how bad they were and getting better daily.

I was honestly at the point where I was worried about dropping over dead any day, I felt it in my heart, in my bones, if something drastic didn't happen I wasn't going to make it long. That shadow is no longer over me, and I cant describe how incredibly happy I am today.

To the one who originally posted this treatment, and to Dr. Pauling, thank you so much!

I'm well versed in chemistry and science, went to college for physics. I researched all of the background of why this works chemically and the theories behind why humans get these issues with high cholesterol in our arteries in the first place. To me, it all makes sense and I tell everyone I can about it.

In just the last two weeks (I saw results after 3 weeks, and some friends started at that point and have been on it for two weeks) several friends and family have already been noticing a difference in their lives and health. One friends relative is scheduled for some heart related surgeries and they feel like it may no longer be necessary, though time will tell.

In short, I believe everyone - even those without obvious symptoms - can benefit from adding these two items to their lives. And for those like me who have had issues with their arteries, this may give you a second lease on life."

permalink save report block reply

PaPaSauce 1 year ago +9 / -1

8

It's still hard to believe how drastically my life has been changed by the simple addition of vitamin c and lysine. Still going strong and feeling incredible!

permalink parent save report block reply

Merkava_4 1 year ago +2 / -0

2

I think what's missing here is some information about who you are and how you found out about this treatment. I have a friend that could really benefit from this treatment because he has some clogged arteries in his heart right now. The problem is, he can only read a few sentences a day. He doesn't read on a regular basis like most of us here on GAW does. Another problem is I can't send him a link to this thread over Facebook Messenger because Facebook won't allow links to be posted on their platform from GAW. The friend doesn't have an email address either. Is this the lysine supplement you're talking about?

permalink parent save report block reply

JohnTitor17 [S] 1 year ago +7 / -1

6

What a strange way you worded your comment.

Who I am is irrelevant to the information provided Merkava_4 and I never click links because they can compromise identity.

I'm confident GAW knows my home address, the car I drive, and what I had for dinner.

You could read the OP and then type out a schedule for your friend w/ the least amount of words as possible.

Prayers for your friend. Good luck.

permalink parent save report block reply

Merkava_4 1 year ago +2 / -0

2

The link was as Amazon link to the Lysine supplement but nevermind, I saw your recommendation for the SOLGAR supplements. Amazon has that brand too.

permalink parent save report block reply

IMAMAN 9 months ago +1 / -0

1

Walmart carries 1000 lysine and 1000 c caplets. You can get both for around $12.

permalink parent save report block reply

NOT_ADMIN [TS] 1 year ago +11 / -0

11

Here is some further reading for those interested. Feel free to ask questions.

Mechanism of Action:

1. Inhibition of Lipoprotein(a) Binding

- **Lipoprotein(a) [Lp(a)] and Atherosclerosis**: Lp(a) is structurally similar to low-density lipoprotein (LDL) but contains an additional protein called apolipoprotein(a), which has a high affinity for damaged arterial walls. It accumulates at sites of endothelial injury, contributing to the development of atherosclerotic plaques.
- **Lysine's Role**: Lysine competes with Lp(a) for binding to lysine-binding sites present on the arterial wall. By occupying these binding sites, lysine prevents Lp(a) from adhering to the vascular endothelium, reducing the formation and progression of calcified plaques.
- **Collagen Stabilization**: Lp(a) also binds to fibrin and damaged collagen within atherosclerotic lesions, further promoting calcification. Lysine, by blocking Lp(a) and stabilizing collagen structures, helps prevent further deposition of lipoproteins and calcium.

2. Solubilization of Lipoprotein(a)

- **Lysine's Chelating Action**: Lysine, along with other amino acids like proline, can enhance the solubility of Lp(a) already bound to arterial walls, helping to mobilize and dissolve existing calcified plaques. This occurs because lysine disrupts the electrostatic interactions between Lp(a) and the arterial matrix, allowing the plaque to be metabolized and cleared from the bloodstream.
- **Calcium Dissolution**: Lysine's chelating properties may also contribute to the dissolution of calcium phosphate deposits in the arterial wall. Though this mechanism is less well-characterized, it is postulated that lysine interacts with calcium ions and prevents their crystallization, thereby reducing calcification.

3. Reduction of Inflammation and Oxidative Stress

- **Inflammation in Atherosclerosis**: Inflammatory processes within the vasculature attract immune cells that produce reactive oxygen species (ROS) and cytokines, which promote calcification by damaging vascular smooth muscle cells (VSMCs) and endothelial cells.
- **Lysine's Anti-inflammatory Role**: Lysine has shown some capacity to modulate inflammatory responses. By reducing oxidative stress and inflammatory mediators, lysine may indirectly prevent the calcification process, as oxidative stress accelerates VSMC calcification.

4. Interaction with Matrix Gla Protein (MGP)

- **MGP and Calcification**: MGP is an important inhibitor of vascular calcification. Its function is dependent on vitamin K, but some evidence suggests that lysine can also influence MGP activity, helping to prevent calcification.
- **Lysine and Calcium Metabolism**: Lysine may enhance calcium metabolism by interacting with calcium-binding proteins or promoting the activity of inhibitors like MGP, thereby reducing calcification by limiting the deposition of calcium salts in arterial tissue.

5. Enhancement of Collagen Production and Vascular Repair

- **Collagen Synthesis**: Lysine is critical for collagen production, a major structural component of the extracellular matrix in arteries. By supporting collagen formation, lysine helps maintain the integrity of the arterial wall, which may be important in preventing the mechanical damage that triggers Lp(a) and calcium deposition.
- **Vascular Repair**: Enhanced collagen production promotes the repair of damaged arterial walls, reducing the binding sites for Lp(a) and preventing subsequent calcification.

6. Synergistic Role with Vitamin C

- **Vitamin C and Collagen Stabilization**: Lysine often works in tandem with vitamin C to promote collagen synthesis and stabilize vascular walls. Vitamin C is essential for hydroxylation of proline and lysine residues in collagen, which strengthens the arterial matrix. This reduces the availability of exposed collagen and fibrin, both of which can serve as substrates for Lp(a) and calcified plaques.
- **Antioxidant Synergy**: Lysine and vitamin C may synergistically reduce oxidative stress, further limiting vascular calcification and plaque progression.

*** Mechanical Rational for Timing***

1. Avoiding Protein with Lysine:

- **Competition with Other Amino Acids**: Lysine, like other amino acids, is absorbed in the small intestine via specific transporters. If lysine is consumed along with large amounts of protein, the presence of other amino acids may compete for the same transporters, potentially reducing the absorption efficiency of lysine. This could limit the amount of lysine available for its proposed beneficial effects on vascular health, such as preventing Lp(a) binding and supporting collagen synthesis.
- **Metabolic Load**: High protein intake increases the metabolic load on the liver and kidneys due to the need to metabolize and excrete excess nitrogen (in the form of urea). This could divert metabolic resources from the synthesis and repair processes that lysine is involved in, such as collagen production and endothelial repair. For those focused on optimizing lysine's vascular benefits, it may be more effective to take lysine separately, especially if the goal is to avoid competition or interference from other amino acids.

2. Avoiding Carbohydrates with Vitamin C:

- **Glucose-Vitamin C Competition**: Glucose and vitamin C share similar transport pathways, particularly the GLUT1 and GLUT3 transporters, which are responsible for transporting both substances into cells. High blood sugar levels or excessive carbohydrate intake can reduce the efficiency of vitamin C uptake by endothelial cells, as glucose competes with vitamin C for transport into the cells. This competition can result in reduced intracellular concentrations of vitamin C, impairing its antioxidant and endothelial-protective functions, such as nitric oxide bioavailability and collagen synthesis.
- **Glycation and Oxidative Stress**: High carbohydrate intake, especially refined sugars, can lead to the formation of advanced glycation end-products (AGEs). AGEs are harmful compounds that form when proteins or fats combine with sugars in the bloodstream. AGEs promote oxidative stress, inflammation, and endothelial dysfunction. Vitamin C, which is critical for reducing oxidative stress and preventing endothelial damage, may be less effective if consumed alongside high levels of carbohydrates that increase glycation processes.
- **Hyperglycemia-Induced Endothelial Dysfunction**: High carbohydrate intake, particularly in individuals with insulin resistance or poor glucose control, can lead to postprandial (after-meal) hyperglycemia, which is known to cause endothelial dysfunction. Vitamin C's ability to protect endothelial cells from damage could be compromised when paired with excessive carbohydrates, as the oxidative stress and inflammation from hyperglycemia may outweigh the protective effects of vitamin C.

HOPE THAT HELPS

permalink save report block reply

merf 1 year ago *+1 / -0*

1

That's worth a save. Thanks fren.

permalink parent save report block reply

NOT_ADMIN [TS] 1 year ago *+1 / -0*

1

Very welcome. Any time. If you have any similar questions I'm all ears.

permalink parent save report block reply

l3tsgetit 1 year ago *+1 / -0*

1

Interesting that proline is not a component you are advocating. Can you elaborate on why its not featured here prominently? Wasn't this a part of the original formula when discovered?

Also you should consider sourcing a better version of C. The main sources of ascorbic acid come from China and India and the way they produce it is kind of gross. The traceability and contaminant testing they perform leave something to be desired. There's an alternative in Scotland that is the only Western producer. More info below.

I take a couple Quali-C liposomal capsules (Core Med Science brand) which offer better absorption from the studies I have read. In conjunction with 1 'whole food full-spectrum" C tablet.

Info:

Quali®

dsm-firmenich's vitamin C belongs to Quali® family of vitamins. Quali stands for quality, reliability, sustainability, and traceability.

Raw materials/Production

Since 2023, our base raw material is GMO-free wheat from Germany which resulted in more sustainable final product which is also gluten-free.

permalink parent save report block reply

NOT_ADMIN [TS] 1 year ago *+2 / -0*

2

You are correct. I forgot to mention proline.

permalink parent save report block reply

deleted 1 year ago +1 / -0

mac1221 1 year ago *+1 / -0*

1

FYI: Elevated lipoprotein(a) is a cardiac risk factor and can be checked along with a few other tests to determine possible cardiac risk - cholesterol particle size, fibrinogen, homocysteine, c-reactive protein, and lipoprotein(a). It amazes me that other clinicians do not run these tests when dealing with elevated cholesterol or for patients over 40 to establish a baseline. The typical cholesterol panel only gives part of the picture and is not enough to determine overall risk - especially when considering writing a script for statins.

permalink parent save report block reply

JohnTitor17 [S] 1 year ago *+12 / -1*

11

High BP now normal. Frequent chest pain pretty much gone.

u/PopcornTastesGood **wrote:**

"So i am now 1.5 weeks in following one of the posts on here, 4k lycine and C per day. 2k each in the morning and in the evening. I have also quite nicotine and slowed way down on drinking. The chest pains I was having off and on(more on), have pretty much went away all together, which is great because a few times i thought i was having a heart attack, and I am not old.

While this is fantastic, the main thing i am absolutely shocked about is my blood pressure. I have had high bp for about 20 years at least, since i was really young. I just took my blood pressure today and I am now pretty damn close to 120/80....129/73.....i havent been anywhere near this since i can remember. *A huge shout out to those on here who posted this protocol, it seems to definitely work.*

As far as my energy level goes, i also just quit caffeine and am going through pretty bad withdrawals so right now cannot comment on the energy, but overall my body just feels more solid. Dont get out of breathe like i used to, and actually dont sweat like i used to either. I plan to stay on 4k each for a month, and then drop to 2k per day. I will give yall updates, thanks again!!!!"

(emphasis mine)

permalink save report block reply

Tip-O-Matic 1 year ago *+3 / -0*

3

I just started this protocol a few days ago. I take my C and Lysine together in the morning and at night before I go to bed. So far, no upset stomach or anything. I do try to drink a lot of water taking that much C, so maybe that helps. I'm 56, and have never had a heart attack, or angina, or anything, and I don't know how bad my arteries are plaqued up, but my blood pressure is really bad right now. I won't

check it when my wife is around, as I don't want her worrying (or nagging me!), but I did tell her that it's high, and that I'm taking steps to bring it down.

I was replying to this comment in particular, as I have the same forward moving plan - to stay on a therapeutic dose of each for a month or two, then move down to a maintenance dose. Fingers crossed!

permalink parent save report block reply

JohnTitor17 [S] 1 year ago *+11 / -1*

10

u/The3rdKey **wrote:**

"Hey Time Traveler ;)

Just wanted to thank you again. It's been a month and I feel soooooo much better. Keep preaching. I think your info was a Godsend."

permalink save report block reply

JohnTitor17 [S] 1 year ago *+11 / -1*

10

u/The3rdKey **wrote:**

"[...] you helped me clear up my vascular system, so you're a good guy in my book. I promise to be a pain in the ass for the cabal for as long as I breathe, and *I'm certain that your information extended that time.* Keep it up my fren.

You matter."

permalink save report block reply

TuaSumusSumpturi 1 year ago *+2 / -10*

-8

This is a LARP and you're a 4chan faggot. I know it's fake and there's no way you're smarter than all the scientists at pfizer

permalink parent save report block reply

JohnTitor17 [S] 1 year ago *+8 / -0*

8

The Pfizer scientists are stupid, not dumb.

They know they can't patent something like this so they don't even look this direction.

"You cannot make a man understand something when his paycheck depends on him not understanding it."

permalink parent save report block reply

Litecola2 1 year ago *+5 / -0*

5

Kek; anyone is smarter than the criminal minds at pfizer

permalink parent save report block reply

JohnTitor17 [S] 1 year ago *+10 / -1*

9

u/Gotrek **wrote:**

"Old post but came back to say I've been doing this therapy since the post and I don't know if my arteries are better but I feel better.

It had side effects though. I lost weight 325lbs to 293lbs this morning. It's a diuretic so I get up once to pee at night I don't sleep/barely sleep anymore but I don't feel tired either.

That's it for now I'll probably continue a bit longer"

permalink save report block reply

Gotrek 1 year ago *+5 / -0*

5

Had a blood test done. my hdl cholesterol and all those stats were waaaaay better then before lost weight to 275 and settled there so thank you this definately works

permalink parent save report block reply

JohnTitor17 [S] 1 year ago *+1 / -0*

1

AWESOME Grotek!
Thank you for updating and congrats on the good numbers!
Your testimony helps encourage our more skeptical friends to give it a try.
Thank you for contributing to the cause!

permalink parent save report block reply

JohnTitor17 [S] 1 year ago *+10 / -1*

9

u/What-Me-Worry **wrote:**

"Hi Buddy.
Just wanted to let you know that I'm feeling better everyday as I've been following your and Linus Pauling's recommendations. Now, I only occasionally have a tiny bit of chest discomfort when I greatly exert myself. Several months ago before starting any treatment, I would have tightness after eating and just walking up the stairs. Last summer I was struggling manage long bike rides with my teenage sons. The risk of having a heart attack was likely much higher than I assumed. I don't have time to search all your posts, but wanted to make sure that you saw this regarding how the Sugar Industry flipped-the-script on heart health over 50 years ago. This article certainly supports Dr. Pauling's research and would be a good addition to your bookmarks if you don't already have it. Again, thank you SO MUCH. Just by sharing your research you've made a BIG difference in my life. God Bless"

permalink save report block reply

DiamondHanq7 1 year ago *+9 / -0*

9

I'm on day 40. I am pretty healthy and work a labor intensive job. I noticed I have more energy and my muscles don't get fatigued as fast. I also will not touch fast food or anything containing high fructose corn syrup. Thanks for this u/JohnTitor17

permalink save report block reply

JohnTitor17 [S] 1 year ago *+9 / -1*

8

u/tstr **wrote:**

"Yes I did (the Vitamin C and Lysine protocol) and I definitely had beneficial effects. I don't run out of breath. Much easier to catch my breath. Il just feel better."

permalink save report block reply

JohnTitor17 [S] 1 year ago *+9 / -1*

8

More energy. Chest tightness GONE!

u/What-Me-Worry **wrote:**

[...]
"I've also been taking them together for about the same amount of time. Any chest tightness I had after eating a large meal or running with the dogs is now gone.
I'm early 50's and my dad had his first heart attack at 46 with a triple bypass in his early 60's. I quit taking a cholesterol lowering statin 1.5 years ago and with a better diet I now have better blood test results now than when on the meds. I also lost ~25 lbs by occasionally walking 3 miles, fasting 14 - 18 hours several times a week and avoiding unnatural sugars. It took me 5 hours to completely disassembled my kids dilapidated swing set in 88°F high humidity weekend weather and I still had energy afterwards. No chest tightness at all."

permalink save report block reply

JohnTitor17 [S] 1 year ago *+9 / -1*

8

u/nakedjay **wrote:**

"I did it for 2 weeks. I will say that I feel like I have better energy. I think going forward I will do it for 2

weeks each year. I've taken vitamin K2 for years to help prevent the calcium buildup. Thank you for sharing this great protocol, as I've shared it with friends and co-workers."

permalink save report block reply

JohnTitor17 [S] 1 year ago +9 / -1

8

u/The3rdKey **wrote:**

"I've been on this regimen for 19 days now and I feel a lot better. More stamina. Easier breathing. Thanks a million fren."

permalink save report block reply

JohnTitor17 [S] 1 year ago +9 / -1

8

u/Covfefe_Commando **wrote:**

"I have been as well. It feels like I'm breathing easier, like a weight of dread has been lifted off my chest. Maybe it is just 100% in my head, but I'm so glad u/JohnTitor17 shared his experiences and wisdom with us."

permalink save report block reply

JohnTitor17 [S] 1 year ago +9 / -1

8

u/SadNZer2 **wrote:**

"Can attest to effectiveness of this regimen. So far, been doing this for ~3 weeks. Going to take a break for a while then cycle on again. Before doing this, was getting of shortness of breath with any minor exertion things like bending over to tie shoelaces. Within a few days of starting JT17's protocol I could feel the difference. I am deeply cynical about all things, so over the past few weeks, I have been constantly questioning if I am conning myself into believing this works. But I don't think its a con, I keep on finding myself doing things easily that would have previously got me puffing. Thank you again JT17, you made a difference for this fat old guy"

permalink save report block reply

JohnTitor17 [S] 1 year ago +9 / -1

8

u/PaPaSauce **wrote:**

"As a follow up, I'm still taking lycine and vitamin c and my health is so much better. I improved a lot very quickly, as I was in pretty rough shape. Now, I feel good and am still improving - though at a slower pace. Still, the miraculous level of quick improvement I saw must not be understated!
I can't express gratitude enough. I was sure my death was right around the corner, and I feel like I've added decades to my expected stay here on earth! Thank you @johnTiror17 / Dr. pauling"

permalink save report block reply

JohnTitor17 [S] 1 year ago +9 / -1

8

u/Jtkirk5598 **wrote:**

"I wanted to contribute my own anecdotal evidence to the thread. My history is pretty straightforward. Ever since getting Covid in 2021, I've struggled with high blood pressure and am in my mid 40s now. Starting last year, between work being stressful and eating junk, I was a good 50 pounds overweight with a BP of 148/99. Starting in November of last year, I started a Keto / Carnivore diet. While the results came slowly, I noticed my BP started trending downward after about 2 months of said diet and that I lost 30 pounds as well. My average BP readings were now 134/90, but my body was still sensitive to eating too much salt or sugar. I started taking potassium supplements and saw that it counteracted salty foods well, but my baseline BP remained a bit elevated. Three days ago, I decided to start the protocol described above. I didn't notice anything the first 2 days, but today I started to notice some changes. The first is that I awoke with a slight headache, but felt more relaxed than normal. Almost like I had a beer. Having a hunch, I went and checked my BP. 123/80. That's the lowest I've seen it in quite a while. Tonight, I went to the gym and my heart rate stayed about 5 bpm lower than it has been doing my intense elliptical workouts. My standard workout gets my heart rate up to about 138. Today, I was at

134. I will keep my eye on this, but even going in the hot tub, my heart rate never got above 98 BPM. Normally it would go up to 110 or so. I will report back as I continue the protocol, but so far in three days my BP has dropped by 11 points on average. I average the results of my BP by taking 1 reading when I wake up, 1 before lunch, and one before dinner to normalize for circadian differences. Are there any other folks here who have tried the protocol? I'd love to hear from you! Thanks for the informative thread!"

permalink save report block reply

ThisIsHowItStarts 1 year ago *+7 / -0*

7

I've been so busy today. I missed out on this post. However, my mom u/basedpedegrandma emailed me the link 🫶

We have the best grandma's don't we folks 👍

permalink save report block reply

JohnTitor17 [S] 1 year ago *+8 / -1*

7

u/AspenHome **wrote:**

"I started this therapy June 1st after reading and researching the original post. I read Linus Pauling's book "How to Live Longer and Feel Better" and began following his complete suggested vitamin regimen as well. While not a sufferer of heart disease, I do hope to prevent its occurrence. I can say I do feel a lot better. I am getting better sleep, my joints and ligaments are firmer, more mobile and less painful, my mind is clearer, and generally just overall feel better. TY for the life-changing advice, my friend."

permalink save report block reply

JohnTitor17 [S] 1 year ago *+8 / -1*

7

u/UberLightBringer **wrote:**

"I'm one week in and it very much appears to help. Now granted, I've been a once a week to the gym for at least 4 years now, around 59 y.o., no prescriptions or medical problems other than "lifetime obesity" (friggin sugar, corn syrup and recently finding out about "what in the natural flavoring!"). *I never have been able to jog for any significant distance without having to walk & catch my breath. Now being in this regimen for 4 days there was a significant correlation between pulse and speed that's showing up. I was going to drop out of doing this after a week, but think I'll hang in for another and see if it gets better still.* Important point: get a baseline before you start and record it. Don't push it and have a heart attack and die because you'll skew the results for the rest of us if you manage to report as you're laying there with GAW up on your phone </S>. For example, at an incline of 5%, speed 3.5mph my pulse was around 120bpm (your results might vary, "see your dealer for additional terms & conditions"). This was 4 days in, previously (from memory) this would get my heart around 126/7 bpm. Hope this helps, and yeah, avoid natural flavoring"

permalink save report block reply

JohnTitor17 [S] 1 year ago *+8 / -1*

7

u/AbibasGopnik **wrote:**

Ah hello again. I did bookmark your original post and after some research, gave your protocol a go. I'm fairly young but a decade+ of drinking, smoking, and spending a lot of time on the computer has left me with fine but less than stellar health. *Over the past few years, I've noticed blood pressure rising on the average, most notably hearing blood/heart beat in my right ear. In the weeks before trying the treatment, it was a daily occurrence. Blood test had come back with stratospheric LDL and HDL levels a month prior, so your post was good timing. After two weeks of following the protocol, the noise in my ear is gone. I generally feel more even-keeled, especially with energy levels throughout the day and mood/focus. It's a more subtle effect than I would like, but it's freeing up my mental clarity to start focusing on things like diet and exercise and goals, so I'm hoping to snowball. Plan on doing it twice yearly. I should also get another blood test and an arterial/heart scan but that's for later. I cannot put into words my gratitude for you. Thank you."*

permalink save report block reply

JohnTitor17 [S] 1 year ago +8 / -1

7

u/BurnNewHistoryBooks **wrote:**

"The vitamin C/lysine treatment has improved my heart/ energy levels exponentially.
I thank you for it and all the information you provide."

permalink save report block reply

horseyPatriot 1 year ago +6 / -0

6

Today is my 8th day. My grandmother had to have her carotid arteries cleared surgically in her 70s (?) and I've always presumed I have plaque build up in my arteries. I did a bunch of physical labor in the FL summer heat this past week which I haven't done in a while. I was tired but did well. I always had low blood pressure until my 50s when I gained weight. BP was normal when I started but I'm hoping to get it lower again. And lower my resting pulse.

I've also been walking 2 miles almost every day and feel noticeably stronger every day. I plan to do this for a month and add in strength training and build up muscle while losing weight.

Definitely feeling peppier than last week.

permalink save report block reply

CasuallyObservant 1 year ago +1 / -0

1

Hi, just following up. Did you continue taking the Lysine and Vit. C?

How long did you do it? Any results that you noticed?

permalink parent save report block reply

horseyPatriot 1 year ago +2 / -0

2

I took them for a little over 2 weeks. I didn't really notice a change, except that I felt really good and more energetic while I took them. I plan to do another 2-3 week course next month. I'll probably do it 4 times/year just to make sure I never have the carotid issues that my grandmother did.

permalink parent save report block reply

CasuallyObservant 1 year ago +1 / -0

1

Thanks!

permalink parent save report block reply

Jfredpillforever 1 year ago +6 / -0

6

This is great stuff!

permalink save report block reply

bcfromfl 1 year ago +5 / -0

5

Interesting. Any guess as to why the lysine can't be taken with other protein? I would guess that the body would be less likely to try to convert it to another protein if there were other amino acids in the mix...

permalink save report block reply

OldPotatin 1 year ago +4 / -0

4

Body only can absorb so many proteins at any given time. You're attempting to spike free lysine in the blood. If that's diluted by other proteins, then you won't be able to get the max spike of lysine. The idea is largely to get Lysine up so it can reach max exposure to plaque and sweetly make love with that plaque, then carry it away. By removing the plaque, you're exposing the damage to the blood system to blood again. Before it was covered up and the body couldn't really do much with it. The vitamin C and blood flow can now start healing this, so plaque just won't start accumulating again. In

theory, there might be some other things you could do it maximize your body's success during the healing cycle with Vitamin C.

permalink parent save report block reply

Mr_A 1 year ago +1 / -0

1

Good explanation; thanks.

permalink parent save report block reply

mac1221 1 year ago +2 / -0

2

Lysine is an amino acid - the building blocks of proteins. They compete. So when trying to take an isolated amino acid the effects are blocked because of the additional amino acids in the protein of food. Anytime you take a single amino acid, never take it with protein. The policy is to take them on an empty stomach to be sure.

permalink parent save report block reply

Iverfenben 1 year ago +5 / -0

5

I've noticed similar changes by just switching to the carnivore diet, I'm going to add this in as well!

permalink save report block reply

RedTX 1 year ago +5 / -0

5

Thank you for this.

permalink save report block reply

Patriot_Perks 1 year ago +4 / -0

4

This protocol worked well for me too.

I read the book "Why animals don't get heart attacks - but people do" by Dr Rath

He was a protege/colleague of Linus Pauling.

I could feel an almost immediate difference in my heart health.

permalink save report block reply

Striker1 1 year ago +4 / -0

4

What an interesting AND simple routine. I take vitamin C already so why not add lysine. I was also thinking how the shit show of Covid has driven the us to really understand the natural cures that work with our bodies instead of masking problems that make us worse. I'm annoyed with the crap some of the posters have given you BECAUSE this is noninvasive. Side effects are maybe loose stools if you go overboard on C or maybe you need to eat a little protein with it so you don't have an upset stomach. Versus tiredness, out of breath, major surgery or death. Low risks and possible great outcomes. Sounds simple to me. Thanks!

permalink save report block reply

CokeOrPepe 1 year ago +3 / -0

3

L-lysine also keeps viruses from replicating. The only sickness I have had since I started taking C Lysine, etc since covid was a serious sinus infection this last spring (which is bacterial - it knocked me down hard with 105 temps)

permalink save report block reply

KnockKnockItsJinx 1 year ago +3 / -0

3

Happy for this posted again. I remember that you said you would. How much do I love people who mean what they say? Lots.

permalink save report block reply

Witsend 1 year ago +3 / -0

3

I really appreciate what you do here. Truly selfless.

permalink save report block reply

Tankstir 1 year ago +3 / -0

3

I even tried doing a little bit of this protocol, not even following everything fully and saw some benefits. The strange thing is mosquito bites no longer hurt so much, I have no idea why beyond plaque in my arteries. I could always feel them and it always hurt so much and now I'm more normal and just annoyed. I REALLY need to do this fully and not just half the dose for 3 days.

I just want to add that this advice/protocol is like Gold, take it or leave it but I do think it could help anyone who eats the normal American diet and has poor cardio health or wants to find improvement

permalink save report block reply

UberLightBringer 1 year ago +3 / -0

3

So, I followed this regimen for 2 weeks without much of any deviation (I wasn't aware I should do 4-6 weeks but will give this another round sometime). I didn't check blood pressure at start and finish, which would probably be a good idea, but I did treadmill work to the same incline/speed settings. Long and short of it is I noticed 10-15 BPM drop between before the 2 week regimen and after.

I also noticed I dropped almost 10 #'s. It's probably due to not starting the day with cereal like I normally do, and the fact that you really can't "snack" in the morning or later at night following the recommended eating (which is a plus as the processed foods are life shorteners). However one possible side effect that may have cropped up is momentary loss of balance going from a laying position to standing up, or when laying down turning from one side to the other. I doubt it's related but worth mentioning in case someone else also has come across it. As of late this seems to be subsiding.

A bit of a confirmation that this works appeared on an internet search. It seemed like when I searched for "Low Carbohydrate foods", I was getting mixed or anything but that in suggestions. Similar with Low Protein. So here's a quick list for anyone making a schedule and not sure what foods are low carb and which are low protein:

Low Carb: Egg Celery Venison Butter Bacon Beef Jerky (NOT processed is preferred)

Low Protein: Apple Pear Peach Pineapple Grapes Banana Cabbage Turnip Beet Blueberries Strawberries Iceberg Lettuce Cucumber Blueberries Carrots

It was easy enough to boil some eggs and start with one or two of those with the Vitamin C in the morning. Another note is that those huge vitamin C tablets got harder and harder to get down for some reason; I'd recommend round capsules if you can. Hope this feedback helps.

permalink save report block reply

RandoMando2A 2 points 1 year ago +2 / -0

Can you elaborate on using this treatment while on a carnivore diet? The FAQ about it says see below but I'm not seeing where it's addressed below.

permalink save report block reply

JohnTitor17 [S] 5 points 1 year ago +5 / -0

If you're doing zero carb carnivore then your body will make high (adequate) amounts of its own vitamin C.

permalink parent save report block reply

RandoMando2A 2 points 1 year ago +2 / -0

Thank you for the reply fren!

permalink parent save report block reply

Bidensbrain2020 2 points 1 year ago +2 / -0

Thank you for posting this information!

A few years ago I noticed I started getting chest pain when I walked briskly uphill for a few minutes. When this would happen I would have to stop and breathe and proceed extremely slowly.

My dad had to have a triple bypass a few years ago so I thought I should get checked out. I went to the Dr., they sent me for a stress test, and basically the problem did not occur until the very end of the test. Because it was at the end of the test, they gave me a clean bill of health, but I was always skeptical.

I saw your post and gave Lysine/C a try for 2 weeks (so far).

I just did my brisk walk uphill today, and NO PAIN! I was breathing hard, but I wasn't out of breath!

This is SO easy and cheap... insane that it's not routinely prescribed. But, I guess... "cheap" is probably the answer to that question.

Anyway seems to have totally fixed the angina problem for me, and it's quite easy, I just take both on an empty stomach and eat breakfast late.

Thanks again for the information!

permalink save report block reply

Throwaway2024ii 2 points 1 year ago +2 / -0

This is fascinating thanks!

permalink save report block reply

therobots 2 points 1 year ago +2 / -0

Hey fren. This was shared again recently on the board, which is great.

QQ: what do you recommend for taking my other supplements? I assume I should avoid them during the windows for this protocol, but wanted to check. (Examples: vites E, Bs, iodine, magnesium, probiotic.).

Thanks!

permalink save report block reply

JohnTitor17 [S] 2 points 1 year ago +2 / -0

I would say it depends on *what you want to accomplish with the protocol.*

If your life is on the line because you have clogged arteries, then my (not doctor) recommendation is to stop taking any other supplements for a few weeks while you do the vitamin C/lysine protocol.

Why?
To answer this I'm going to let you in on a sort of open secret… Yes this protocol to clean out your arteries was discovered/developed by Linus Pauling. However, he suggested taking doses of vitamin C as high as 18,000 mg per day. Equivalent to 36 pills. Not practical.

Almost 10 years ago, I spent the countless hours digging through the medical literature so I understood exactly why/how these two supplements worked. *Then I researched and discovered that carbohydrates block vitamin C absorption and protein inhibits lysine absorption.*
Since God gifted me with a beautiful, brilliant mind, *~I knew this information was absolutely salient.~*

The vitamin C/lysine science belongs to Linus Pauling, but this particular "protocol" is my own.
As is clear by the testimonies, this was a home run.

When I found out my father-in-law needed three heart stents, I put the "Linus Pauling-JT17" protocol to the test. It was shocking how well and fast it worked. Like I myself just couldn't-fukin-believe it but they sent him home after the stent procedure with ZERO stents installed. And the same thing again a few years later. They saw the blockages as clear as day on a "scan with contrast" and then the blockages (along with his debilitated state) were gone weeks later using nothing but this protocol.

I say all that to make this point: *Whether or not something in your diet (food or other supplements) out-competes the vitamin C or lysine WILL DETERMINE whether or not you get life-saving results or*

basically no results.

It's for that reason that I recommend stopping all other supplements for a few weeks while you do this protocol because, done in this EXACT way, I know it works thoroughly and rapidly. And I also know, when done in the wrong way, there is no effect.

Hope that helps.

permalink parent save report block reply

therobots 2 points 1 year ago +2 / -0

Yes that helps. Thanks fren!

permalink parent save report block reply

deleted 1 point 1 year ago +1 / -0

therobots 1 point 1 year ago +1 / -0

And d3/k2.

permalink parent save report block reply

Return_Of_EpicTrump 2 points 4 months ago +2 / -0

How is your FIL doing now? This protocol worked great for my husband. We will always have Vit C and Lysine on hand from now on. Thank you!

permalink save report block reply

ThomasMaker 2 points 1 year ago +2 / -0

> Can I take this on carnivore diet? Yes but it's not necessary. See below.

sees below: nothing even remotely related is found.....

permalink save report block reply

JohnTitor17 [S] 3 points 1 year ago +3 / -0

If you're on a carnivore diet then congratulations, the gene you were born with that makes babies produce their own vitamin C is reactivated in you, therefore you don't need any vitamin C because you are producing it naturally like bears, wolves, and newborn babies. That's the answer to why people on "carnivore diet" do not get scurvy.

It will not let me save the edit for some reason so I'm replying to you here.

permalink parent save report block reply

ThomasMaker 2 points 1 year ago +2 / -0

A more likely reason carnivores(I am one btw) don't get scurvy is uric acid, which the body *does* produce unlike vit-c.

The L-gulonolactone oxidase (GULO) gene(which appears to be recessive even in infants) can make ascorbic acid if activated, but there is zero literature on it so I certainly wouldn't bet money on it even though the occam's razor of it all suggests this as being the most likely(although genes become recessive over several generations so reactivating them is likely to also take several generations)....

permalink parent save report block reply

JohnTitor17 [S] 2 points 1 year ago +2 / -0

Dietary carbohydrates epigenetically switch off the gene.
Remove carbohydrates = reactivate the gene epi-genetically.
The scientific literature is out there friend if you look for it. Found and read it years ago but I

have more important things to do than prove a point to someone who hasn't dug deep enough to find what I know is out there in the medical journals.

permalink parent save report block reply

ThomasMaker 2 points 1 year ago +2 / -0

No worries, have the same attitude myself.

Will regardless try this protocol at some point just to check if there is anything left that needs clearing out(although will do a black cumin seed oil/black walnut hull one first for much the same reason...)

permalink parent save report block reply

JohnTitor17 [S] 1 point 1 year ago +1 / -0

+1 ThomasMaker

permalink parent save report block reply

FourteenEightyFour 2 points 1 year ago +2 / -0

hi, thanks for the valuable information. i laughed hard when you said "TWO packs a day". typical!

i've been taking nattokinase for a couple years for cleaning out my arteries, i feel like it's slow but steady progress. did you come across anything regarding nattokinase during your research?

i'm going to try your protocol at the earliest opportunity.

permalink save report block reply

JohnTitor17 [S] 3 points 1 year ago +3 / -0

> did you come across anything regarding nattokinase during your research?

I did and I understand it works by an enzymatic reaction. Everything I found said it was a slow and steady type of thing. I have no idea what, if anything, it competes with for absorption but doing a deep dive on these things you find that almost everything competes with something.

Linus Pauling advocated doses of 12,000 mg or more vitamin C. That's not very reasonable or tolerable for most people so when I heard my father-in-law had this condition, I went about researching how I could design a protocol for him based on the Linus Pauling therapy that did not require such extremely high doses.

The protocol I've presented on GAW is one I came up with after researching and finding out about what competes with these two supplements. Removing the competition means you can get a very high blood concentration with a relatively moderate doses of 4000 mg each.

To my knowledge Linus Pauling never actually said anything about avoiding competition with proteins/carbs. Now enough here have seen the sauce through their own experience.

The more ya know… 😉

WWG1WGA!

permalink parent save report block reply

artyjulia 1 point 1 year ago +1 / -0

No Natto if you take blood thinners. I am not a doctor so please research this yer'sen

permalink parent save report block reply

FourteenEightyFour 1 point 1 year ago +1 / -0

yep, nattokinase is always recommended to be taken on an empty stomach so that at least removes any potential absorption conflicts, and i'm not aware of it conflicting with anything else.

also i've heard high doses of vitamin C can be conductive to kidney stone formation so that's something to be wary of

permalink parent save report block reply

NOT_ADMIN 2 points 1 year ago +2 / -0

Great read and great information from a fellow researcher!! The pharmacokinetic and pharmacodynamic profiles of both lysine and vitamin C exhibit high bioavailability under typical conditions. While liposomal formulations offer an enhancement in bioavailability, such modifications are generally unnecessary given the sufficient absorption rates of these compounds. But if you can afford it, go for it. You stated that the brand doesn't matter but it does. Some places can mix up to 40% with other compounds. So if the brand you stated worked for you, keep it! I typically call the manufacturer and have them send over their lab data, clinical data, etc.

permalink save report block reply

JohnTitor17 [S] 1 point 1 year ago +1 / -0

> You stated that the brand doesn't matter but it does. Some places can mix up to 40% with other compounds.

Agreed NOT_ADMIN.

Given the uncompromisingly confident tone I take in the OP, I want to avoid 'advocating for a specific brand' per se. ("Brand X cures heart disease")

The actual ingredients are what matter folks.

Friends please Google the exact ones (brand) I listed at the end of the OP to see the back label of those exact supplements. (That brand has a few different forms/formulations of Vitamin C and Lysine)

Those ingredients are all you need and nothing else *to get the results my FIL got.*

Be skeptical of any 'extra ingredients'.
Thanks NOT_ADMIN.

permalink parent save report block reply

Stephanie1 2 points 1 year ago +2 / -0

I like this and may try it. But how can there be all these positive weeks long testimonials below when this was just posted 6 hours ago?

permalink save report block reply

JohnTitor17 [S] 1 point 1 year ago +1 / -0

> I like this and may try it. But how can there be all these positive weeks long testimonials below when this was just posted 6 hours ago?

I initially posted it about four months ago and have subsequently posted it 2 other times since then. The last one being about 40 days ago.

First one: https://greatawakening.win/p/17t1yJNoJV/my-personal-story-on-how-i-100-c/

permalink parent save report block reply

Stephanie1 3 points 1 year ago +3 / -0

Thank you. Especially since I thought I lost this post and your response helped me see it again

permalink parent save report block reply

MommaChz1 2 points 3 months ago +2 / -0

Bookmarked ❤️

permalink save report block reply

672mack 2 points 1 year ago +2 / -0

Might have to try this.

permalink save report block reply

CharismaDeye 1 point 1 year ago +1 / -0

Commenting to save

permalink save report block reply

BetterNameUnfound 1 point 1 year ago +1 / -0

I got my stepdad to do this.

Then he quit.

He trusts doctors more than me.

permalink save report block reply

Mr_A 1 point 1 year ago +1 / -0

That's a shame. You can only help those who are willing to be helped, unfortunately. If he gets tired of doctors and the lack of improvement, at least he knows who to turn to.

permalink parent save report block reply

trumplican2020 1 point 1 year ago +1 / -0

I did the above regime (4 times a day) and then did a "heart scan" that has a calcium score and it didn't clear my arteries. I have just completed it again (5 weeks) with the 2X a day with no eating taking both supplements at once. Should I take another scan? Does this not work on everyone?

permalink save report block reply

JohnTitor17 [S] 2 points 1 year ago +2 / -0

I'm happy to see your commitment to the regimen. If my memory serves correctly, there was someone else that also reported a still – high calcium score, and yet clear arteries.
Unless there was an actual 'image' of some kind taken of your arteries still showing blockages, the high calcium score may not necessarily indicate calcium 'on the walls', but rather 'in the blood'.
Again I could be wrong on this particular point.

Linus Pauling suggested vitamin C doses as high as 18,000 mg per day, but I think that's quite excessive IF there is no competition with food.
The *vitamin C does the healing* of the interior wall of the artery but it's *the Lysine that does the clearing out* because there is a molecular binding site on arterial plaque that lysine exploits to dissolve blockages.

My advice is to increased the lysing dose to 3,000mg+ twice daily and (as you said) be extra certain there is no protein in your digestive system 2 (or more) hrs before and after you take it that could be outcompeting it.
Dose only twice daily.

Continue for just 2-3 weeks longer at the higher Lysine dose and you should see results on a new scan.

I'm not a doctor. You must always trust your own judgment.

Please keep me posted. Good luck and God bless.

permalink parent save report block reply

IvNvictory 1 point 9 months ago +1 / -0

Thanks so much! Here's to Pauling's generosity and genius! Thank you for taking the time to tell us about the success with his method. I am thankful to see your posts and hope with changes the

protocol can help us.

We may have not been as successful b/c of how we ingested the the C, lysine and proline in relationship to food. Even after six months of following the Pauling protocol with very high doses, my husband's CT calcium score was about the same - 2600. (A 300-400 score supposedly indicates "extensive levels of plaque detected (very high risk of heart attack, high levels of vascular disease are present)"). His blood pressure and flow have been fine!!! I'm so glad those parameters are good, but that will make gaging progress a bit difficult unless he has another scan. We don't plan to do that until Feb 2026. People have had success lowering calcium scores using Pauling's method but usually over a much longer period of time, often a year to 18 months. Your experience with your FIL gives me hope of getting much faster results.

I know we eat much cleaner than most people, but given all of the seed oils in our salad dressing up to 9 months ago that was not near as healthy as I thought. Even the organic condiments have lots of seed oils. ...low carb/keto, organic when possible, meat ordered from what I hope are very clean sources... We workout 5x a week at HIIT classes. The absence of change in the calcium score was disappointing.

Still, after about 6 months of the Pauling program, the CT scan showed almost no change from one done a year earlier. My plan going forward will be to transition to carnivore and be strict about when anything is eaten in relationship to taking the C, lysine and proline. I need to try to determine if the proline affects the effectiveness of the C or lysine if taken at the same time. We take A LOT of supplements. I'm not sure of stopping those.

I hope trumplican2020 will let us know of any progress. And, I hope to be able to share with her what we find that is successful in lowering that darn calcium score number.

permalink parent save report block reply

IvNvictory 1 point 9 months ago *+1 / -0*

Trumplican, Did you have another scan or more blood tests that indicate a drop in you calcium score after taking both 2x a day with no eating? I hope you saw great results!

permalink parent save report block reply

trumplican2020 1 point 9 months ago *+1 / -0*

I was an afraid that something I did might have nulled that round, so I'm in processing of doing it again. Will be done at the end of the month, then I am going to do another calcium score. Will update the thread when done.

permalink parent save report block reply

IvNvictory 1 point 9 months ago *+1 / -0*

I'm looking forward to hearing about your results. Will you take the C and lysine at the same time for a total of 2 doses? Or 2 separate doses of C and 2 separate doses of lysine for a total of 4?

I ordered months worth of C and lysine caps from Thorne. I have done hours and hours of research and found JT17 had phenomenal success with his FIL's blockage. I know of at least two others who achieved reversals but NOTHING nearly as complete and fast as JT17 achieved. This encouragement is such a blessing. I will share as we go, also, but it may be a little while to get everything and give it time to work.

permalink parent save report block reply

trumplican2020 1 point 9 months ago *+1 / -0*

This time I am taking them at once. Vitamin C makes me a little nauseous, but I decided I didn't want to eat ANYTHING so it has the best chance to absorb. I am taking 500mg capsules on both. And I am increasing absorption time by 50% (3 hrs before and 1.5 hours after). I really want to make it as perfect as a test case as I can. I will be getting a heart scan from the same

machine as I originally did. Let's cross our fingers, it would be fabulous to see better numbers than before.

permalink parent save report block reply

IvNvictory 1 point 8 months ago +1 / -0

Hello, trumplican2020. The catheterization/angiogram was done this morning. Eddie still has severe blockages: 70, 80 and 90 percent. A triple bypass is being scheduled. Eddie was very strict in following the protocol and plans to continue. Obviously, we still agree that Pauling's protocol, particularly JT17's modification so doses do not compete with carbs or protein, works. The science is right. I don't know why it did not work this time. Perhaps, Eddie's blockage was so extensive that it would take an extended amount of time and much higher doses. Or, genetics really does play a larger role than I thought. (I still do not think inherited conditions are a given and can not be avoided, particularly heart, diabetes, metabolic... stuff.) Without pharmaceuticals, I will keep working to lower his LDL and find more ways to help put the calcium in the bones and not arteries - serrapeptase, pantethine, red yeast, green tea....

I am still looking forward to hearing how your scan goes. The protocol works. Keep up the fight!

permalink parent save report block reply

IvNvictory 1 point 8 months ago +1 / -0

Eddie started the protocol and, then, we had a breakthrough develop.

Even though I wasn't sure how long it would be before we could measure success, I ordered c and lysine from Thorne and Eddie has been taking (2) 3000 mg C doses and (2) 3000 mg doses of lysine (morning and evening) on an empty stomach. He waits about 1.5 hours between the C and lysine and has no food for 2 hours after taking the dose of C. He discontinued using all other supplements.

A year after the first awful scan results (2590 score), we independently scheduled and paid to have CT scans with contrast this past February at the same heart hospital where my husband's cardiologist works. This second scan (2700 score) was as awful as the first. The doctor's office called to ask why we did it and scheduled an appointment to see E. (His cardiologist happened to be who read the scan.) An angiogram has been scheduled for May 21!!! I guess it took that second awful scan. Eddie will have been following the C and lysine protocol for 4 weeks by the time he has the angiogram. I will be delighted for everyone with CAD to report that this cleared his arteries!!!

THANK YOU, JohnTitor17! I am very hopeful that this works for Eddie as it did for your FIL. I have a notebook full of research and did not find this nuanced approach. Peace and health to all!

permalink parent save report block reply

deleted 1 point 1 year ago +2 / -1

FourteenEightyFour 3 points 1 year ago +3 / -0

- first time i ever heard of it (first time I saw it posted here too, even after lurking here for years)
- as OP mentions, avoiding absorption conflict is crucial
- why would the overall population prefer this over just indulging instead

permalink parent save report block reply

JohnTitor17 [S] 4 points 1 year ago +4 / -0

> first time i ever heard of it (first time I saw it posted here too, even after lurking here for years)
> as OP mentions, avoiding absorption conflict is crucial
> why would the overall population prefer this over just indulging instead

THIS ↑ is why I have reposted this roughly every 40 days.

When it stops hitting a reliable 200+ upvotes w/o a sticky, I will stop reposting u/Hing.

permalink parent save report block reply

JohnTitor17 [S] 3 points 1 year ago +3 / -0

Please downvote the OP then so I can gauge how many people are benefiting vs annoyed by its reposting.

permalink parent save report block reply

AmateurExpert 1 point 11 months ago +1 / -0

Maybe a silly question, but do you have any idea if this must be done twice a day, or can once per day accomplish results, just with taking more time?

permalink save report block reply

JohnTitor17 [S] 2 points 11 months ago +2 / -0

I don't know.
I designed this regimen based around Dr. Linus Pauling's research. Pauling said nothing of avoiding food competition and, he recommended doses as high as 18,000 mg per day.
I found a way to get around the high doses by avoiding competition with food.

Since vitamin C does not stay in the blood very long, my first test of it being my sick father-in-law, I recommended twice daily to keep the vitamin C concentrations elevated over the longest possible period of time daily.

permalink parent save report block reply

AmateurExpert 2 points 11 months ago +2 / -0

Understood, thanks!

permalink parent save report block reply

IvNvictory 2 points 9 months ago +2 / -0

I think the reason Pauling advised 3 doses during a day related to to the body's elimination of excess C through urination. Taking one large dose may not yield the same successful results.

permalink parent save report block reply

AmateurExpert 1 point 9 months ago +1 / -0

Oh I definitely wouldn't expect the same results off 1 time daily instead of 2.

permalink parent save report block reply

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JohnTitor17 [S] 4 points 1 year ago +4 / -0

The lips of wisdom are closed except to the ears of understanding.

permalink parent save report block reply

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JohnTitor17 [S] 2 points 1 year ago +2 / -0

4000mg L-lysine/ day total, taken in (2 separate) 2000mg doses on empty stomach or w/ a bit of juice/toast/carbs.

NO protein for minimum 2 hrs before AND 1 hr after Lysine doses.
L-lysine absorption is impaired by protein. (Via amino competition)

4000mg Vitamin C/ day total, taken in (2 separate) 2000mg doses on empty stomach or w/ protein meal.

NO Carbs for minimum 2 hrs before AND 1 hr after Vitamin C doses.
Vitamin C absorption is impaired by carbs. (Via glucose competition)

What most of the pontificating is for:

For this to work: I CANNOT OVERSTATE ENOUGH HOW CRITICAL IT IS TO AVOID ABSORPTION COMPETITION: Lysine vs Protein & Vit C vs Carbs.

The goal is to achieve a very high blood concentration of each 2x daily.

Thanks for being a good sport.
I want everyone to know how to do this.
WWG1WGA!

permalink parent save report block reply

PillarOfWisdom 1 point 1 year ago +1 / -0

After reading this post before, I found this product as a drink mix that has the necessary levels of vitamin C, Lysine, Proline, vitamin B2 and Stevia. It tastes great, like a energy drink, and take a serving in the morning and another one in the evening. It mixes great and there's never any grains on the bottom of the mixing cup.

For those of you who have done research, does taking the mix as a drink equal to capsules?

There's also a less expensive 'maintenance' mix found here. It has vitamin C, Lysine, magnesium, vitamin B2, and dextrose. What are your thoughts on using this mix on a longer term basis? Thanks for the insight.

permalink save report block reply

JohnTitor17 [S] 3 points 1 year ago +3 / -0

> What are your thoughts on using this mix on a longer term basis? Thanks for the insight.

If you're like PaPaSauce was and believe you could die/have a heart attack any day... then I wouldn't deviate from what I know works.

If you're not in a dire situation, you could try and see if you notice an improvement in your cardiovascular health like several of the people here have.

permalink parent save report block reply

PillarOfWisdom 3 points 1 year ago +3 / -0

Thanks JT. Also a big thank you for taking the time to post this and keeping it active. Who know how many people you've helped?

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JohnTitor17 [S] 2 points 1 year ago +2 / -0

Ascorbic power is ok.

permalink parent save report block reply

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JohnTitor17 [S] 2 points 1 year ago +2 / -0

You could go higher.
Linus Pauling recommended doses as high as 18,000 mg per day. If you take it the exact way I said without allowing the vitamin C to compete with carbohydrates then 4000 mg a day should be sufficient.
It wouldn't hurt to up it to 6k mg, but I would not go lower unless you are just starting out, and notice you are sensitive to it and therefore need to work yourself up to the 4000 mg.

Good luck to you and don't hesitate to ask more questions

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GodBlessAmerica58 1 point 1 year ago +1 / -0

Giving this a go BP is no longer controlled with amlodapine... Also going to Dr. a new primary care Thurs.

permalink save report block reply

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IvNvictory 1 point 9 months ago +1 / -0

Lana, I mixed powders for much higher doses for my husband for 6 months before a follow-up CT scan and saw no improvement. None. I mixed vit C, lysine and proline. : (...very disappointing.

However, I just found this site and am not sure he was not drinking the doses too close to food intake. The capsules may help with the amount absorbed, also. With the incredible results JohnTitor17 deployed with lower doses, go for it with the capsules! Since your post was from 6 months ago, I'm sending prayers you have already had much success.

permalink parent save report block reply

NOT_ADMIN 1 point 1 year ago +1 / -0

Could you provide the exact product you are interested in? I can call the lab that manufacturers it on Monday (labs normally don't work on weekends) and I can report back to you if they are on the up and up.

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NOT_ADMIN 2 points 1 year ago +2 / -0

No problem, I will report back sometime on Monday. Sometimes they don't send me the data for a day or so. But we will see.

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NOT_ADMIN 1 point 1 year ago +1 / -0

I called, no answer. I emailed and have not recieved a response just yet. *Edit:* they emailed back, according to their data it's about 40% bioavailable, which is about typical.

permalink parent save report block reply

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NOT_ADMIN 1 point 1 year ago +1 / -0

No problem! Sorry it took so long.

permalink parent save report block reply

JohnTitor17 [S] 1 point 1 year ago +1 / -0

I suppose powdered lysine would be OK. You can order hundreds of empty '500mg' veggie caps from Amazon for very cheap.

It's not important that it be precise as long as you're confident you're getting the minimum 4000mg daily.
As I said in the FAQ, you can safely double or triple the dose for both of these supplements. 12k mg of vitamin C might have you on the toilet more frequently than you wish though lol.

permalink parent save report block reply

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Dardar 1 point 1 year ago +1 / -0

I've used that Now Lysine powder, it dissolves well in water but it tastes nasty

permalink parent save report block reply

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JohnTitor17 [S] 1 point 1 year ago +1 / -0

If you do decide to weigh it, look up what percent by weight is actually lysine. It's never 100%

permalink parent save report block reply

CanadianPedeMan1571 1 point 1 year ago +1 / -0

Save for later

permalink save report block reply

IvNvictory 1 point 9 months ago +1 / -0

JohnTitor17, I am not sure how to "upvote" your very informational and life saving post. I know there have got to be many, many people in need of the information. I was thankful to find it.

I have been doing some research about DMSO and wonder if it may be helpful. Does anyone know if a mixture of DMSO/vitamin C/lysine could be used topically to effectively transport the nutrients into the bloodstream to bypass the stomach and achieve better absorption? I guess the meal schedule would probably still need to be adhered to to prevent carb or protein competition. I know other substances absorbed with DMSO yield good response but after long searches can not find anything pertaining to vitamin C or lysine. Could this be an even better way than mixing and drinking it or capsules to absorb the nutrients since they would bypass stomach.

Right now, I'm mixing it from powder with water. Since the caps worked so well for you, I will probably switch to that.

This is an interesting entry about using DMSO and papain to dissolve calcium deposits and transport the resulting trash away: freepatentsonline.com/4250167. From a blog referring to the method in the

patent, a guy talked about the calcium as metal and how acid dissolves metal. -thus, ascorbic acid dissolving the arterial calcium...

I would also like to ask why you left out the proline used by Pauling. Leak states Rath and Pauling theorized lipophilic proline as equal to or even better than lysine in removing Lp(a). Proline prefers the oily receptor of Lp(a) while lysine prefers the hydrophilic. I wonder if taking the proline at the same time as the lysine and C, affects the efficacy.Of course, the method you guys used worked so well for your FIL, I'm sure you have no reason to make adjustments! :)

I left another pretty lengthy post linked to an earlier date. I am just looking for much needed answers. After an awful CT calcium score in 1/24, my husband followed the Pauling Protocol for about six months before another 2/25 CT scan with contrast with an equally awful score. I know the Pauling method works but takes a long time. If he can make progress like yours in 4 months, I would be thrilled! (Over the course of a day, he is taking 10+ grams of vitamin C as well as the lysine and proline and stays in the bathroom a lot. -pretty tough thing to do for a year+ not see results.) Hopefully, now that we are being strict about not taking anything too closely to any meals, the results will come much faster.

Many thanks!

permalink parent save report block reply

IvNvictory 1 point 9 months ago *+1 / -0*

...one more question. No food minimum 2 hrs before, 1hr after

What about coffee? Did your FIL have black coffee? We go the gym at 5am and have a couple of cups of black coffee before we get there! I may be hazardous to people's health without it, but we'll do what we have to do!

permalink parent save report block reply

IvNvictory 1 point 9 months ago *+1 / -0*

I should have said I don't know how to "downvote" your post, so you know to continue posting it. I will try to downvote your post. It is especially difficult to get effective treatment from a doctor for cardiac calcium concerns and finding valuable information like yours is great. Thanks again. Keep posting!

permalink parent save report block reply

IvNvictory 1 point 9 months ago *+1 / -0*

...another question. Does your FIL have any root canals? I don't remember if the Levy or Leake book talks about removing all root canals, insisting any Pauling treatment most likely fails unless all root canals are removed.
...feels pretty defeating since husband has "soft" teeth and 4 existing root canals. : (-would be encouraged to hear FIL whipped the blockage even though he has root canals.

permalink parent save report block reply